Cough remedy How to stop coughing in 3 to 4 Minutes?

References from (1) Holy Quran, (2) Hadith ,
(3) [Medicine of Prophet (صلى الله عليه وسلم)] Ibn Qayyim Al-Jawziyyah
(4) Tibb-e-Nabwi- Jalal'u-Din Abd'ur-Rahman As-Suyuti
and (5) various Medical Books etc.

اَعُوْذُ بِاللّٰہِ مِنَ الشَّیْطٰنِ الرَّجِیْم ۔ بِسْمِ اللّٰہِ الرَّحْمٰنِ الرَّحِیْمِ

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ **(سورة الشعراء 26 / 80)**

"And when I am ill, it is He who(Allah) cures me"

Two Types of Coughs-There are two primary types of coughs.**(1) Dry (2) Productive**

(1) A **dry, hacking, cough** is It can be caused by **allergies, dry air,** dusty environment, a random tickle at the back of your throat that is caused by the aftermath of a cold.

(2) A **productive cough** is one in which you are coughing up **phlegm or mucous** as your body needs to rid itself of the gunk (filthy, dirty, sticky material) that's in your chest/lungs.

What is **"**Phlegm or mucus" **(**بلغم**)** a thick yellowish liquid that is produced in the nose and throat especially when a person has a cold (Phlegm tends to collect and congest in the chest and throat and is usually expelled through coughing) Phlegm **contains the bacteria**, virus or inflammatory cells produced in response to an infection. In addition to infections such as the **common cold**, **flu** and **bronchitis.** Phlegm can be caused by an **allergic reaction** to irritants such as in asthma and hay fever, damaged vocal cords, and excessive smoking.

Four Body parts are involved directly in Cough –
(1) Throat (2) Nose (3) Lungs (4) Mouth

Two Types of Cough syrups
(1) Expectorant-An expectorant can help loosen mucus
(2) Suppressant- Cough Suppressant blocks the cough reflex and reduces the urge to cough.

Question **(1)** How to stop coughing in 3 to 4 Minutes?
Answer➠ **Chew raw ginger pieces or slices.**
Ginger-Zanjabil (زنجبیل) (ادرک) Ginger is a natural decongestant and has been used to fight off throat and respiratory tract infections for ages. Also, the antiviral, antibacterial and expectorant properties present in ginger ease congestion in the throat and chest to help you breathe easier.

"Ginger is an effective ingredient that dissolve the phlegm. **Sour ginger dries the phlegm** that prevails in the body" (Medicine of the Prophet(pbh)-Ibn Qayyim Al-Jawziyyah page 408 of 653)

Nose breathing -Stop breathing through your mouth and breathe only through your nose. As we breathe, oxygen enters the nose and passes the sinuses, which are hollow spaces in the skull. Sinuses help to filter the air, regulate the temperature and humidity of the air we breathe. The sinuses are lined with very fine hair-like cells.
Question **(2)** **How to stop coughing in 6 to 9 Minutes?**
Answer➠ **Chew approximately 21-30 pieces of** Zabib-raisins **(زبیب) (کشمش)** which is also called **Golden Sultanas**(seedless dried white grapes) **or**
Currants black (الکشمش) (منقی) (seedless grapes dried, dark red/Black) if you can't find seedless variety eat raisins by **removing seeds or spit out the seeds**.

"Sweet seedless raisins benefit for who suffer from excessive wetness and phlegm. Raisin pulp is suitable for the windpipe and relieves coughing. In general raisins strengthen stomach … and benefit tile throat, chest, liver and prostrate."
(Medicine of the Prophet(pbh)-Ibn Qayyim Al-Jawziyyah **page 408 of 653)**

Question (3) What else to take if any is coughing?

Answer➠ **(1) Water (Stay Hydrated)-** Water is the number one help for throat mucus; pair it with vitamins **C, E and Zinc** for a natural remedy for throat mucus! This will keep you well lubricated thus reducing the need for mucus as lubrication, which in return, reduces phlegm production. **(**Coughing is drying, which can only increase the irritation you are feeling. Drinking fluids of all kinds, especially Water, juice, and caffeine-free teas, may help ease your cough. **Drinking fluids helps to thin out the mucus in postnasal drip. Drinking liquids also helps to keep mucous membranes moist. The fluid will help flush out harmful bacteria or viruses and keep your throat moist.**

وَجَعَلْنَا مِنَ الْمَاءِ كُلَّ شَيْءٍ حَيٍّ (سورة الأنبياء **21 / 30)**

"And We have made from water every living thing." (Quran 30/21)

(2a) Honey - Honey is a well known cough suppressant. You can drink a teaspoon of honey alone or you can mix honey with warm water and drink it. This will reduce the congestion and cough for several hours. Honey has antibacterial properties which reduces the infection of the respiratory tract. For added benefits from the analgesic properties of honey, swallow a teaspoon of plain honey on empty stomach. This will help clear the mucus and soothe your throat

يَخْرُجُ مِن بُطُونِهَا شَرَابٌ مُّخْتَلِفٌ أَلْوَانُهُ فِيهِ شِفَاءٌ لِّلنَّاسِ (سورة النحل **16 / 69)**

"There comes forth from their bellies, a drink of varying colour wherein is healing for men." (Quran Surah Al-Nahl 16/69)

(Hadith **1**)Narrated 'Aisha: Allah's Apostle used to love sweet edible things and honey .
(**Bukhari** Book 65, Hadith 3421)

(Hadith **2**) Narrated Jabir bin Abdullah: I heard the Prophet saying, "If there is any healing in your

medicines, then it is in cupping, a gulp of **honey** or branding with fire (cauterization) that suits the ailment, but I don't like to be (cauterized) branded with fire." (**Bukhari** Book 71, Hadith 587)

Honey(best unrivalled) The Messenger (peace and blessings of Allah be upon him) used to drink a cup on water containing honey on an empty stomach every day. Jalal'u-Din As-Suyuti writes that 'this is a tremendously prudent thing to do to preserve one's health. In short, it is a great cure for our illnesses. 'it is the food of foods, the drink of drinks and the medicine of medicines.
(Tib-e-Nabawi➠Jalal'u-Din Abd'ur-Rahman As-Suyuti "Medicine of the Prophet" page 98 of 161)

(2b) Honey and ginger- A spoonful of honey and ginger can help the body to get rid of excess mucus; this is a popular remedy for many sufferers.

(2c) Drink hot lemon juice with honey. You can mix a glass of hot water, a teaspoon of lemon juice and honey and drink it like tea. Breathing the steam helps to open up the nasal passages. Drink the mix three to four times a day to loosen the congestion.. **The acidity of the lemon juice breaks up the mucus. The hot liquid will loosen the mucus in your throat and the honey will coat your throat and suppress the cough.**

(2d) Drink warm Tea with honey. **Drinking warm tea with honey also can soothe the throat**.

(3) Hulbah-fenugreek(حلبة)(ميتهى)Boil half spoon of Fenugreek in 1 cup water, drink warm liquid and eat remaining fenugreek boiled seeds.
"When the fenugreek is cooked in water, it will soften the throat, chest and stomach. In addition relieves coughing, dryness, asthma, hard breathing and increases the sexual drive. It in addition relieves flatulence(the presence of too much gas or air in the stomach or intestines), phlegm, piles and the various accumulations in the intestines. It dissolves

phlegm from chest and helps against gastric ulcer and lung diseases. Hulbah is used to heal the intestines, mixed with some ghee and fanith."
(Medicine of the Prophet(pbh)-Ibn Qayyim Al-Jawziyyah page 385 of 653)

Fenugreek seeds are rich in **vitamins** such as thiamin, folic acid, riboflavin, niacin, vitamins A, B6, and C, and are a storehouse of **minerals** such as copper, potassium, calcium, iron, selenium, zinc, manganese, and magnesium.

(4a) Chicken Soup Ginger and Garlic mixed-Warm chicken soup can also help treat phlegm. Hot chicken soup will help moisturize the airways and thin the consistency of the phlegm. It will also soothe an irritated throat and induce relaxation.

(4b) Chicken Soup with pepper- Drinking hot chicken soup reduces the inflammation in the lungs. The black pepper used in soup reduces the production of mucus and soothes cough. Chicken soup helps to speed up the movement of mucus through body and it get eliminated quickly.

(4a) Gargle with Saline Water

Flushing your throat with saline water will help in clearing out the concentrated phlegm stuck deep down your throat. You do not need to swallow the mixture, just gargle to rinse your throat with a salt and water solution, preferably warm.

(4b) Gargle with Mouth wash (containing Iodine)

Kills Bacteria, Fungi, Viruses, Antiseptic (hold in the throat 30 seconds-2 minutes) 4 times a day after meals

(5) Cough syrup- Try an over-the-counter (OTC) antihistamine / Expectorant (to thin the phlegm)

(6) Black Seeds- Narrated Khalid bin Sad: We went out and Ghalib bin Abjar was accompanying us. He fell ill on the way and when we arrived at Medina he was still sick. Ibn Abi 'Atiq came to visit him and said to us, "Treat him with **black** cumin. Take five or seven **seed**s and crush them (mix the powder with

oil) and drop the resulting mixture into both nostrils, for 'Aisha has narrated to me that she heard the Prophet saying, 'This **black** cumin is healing for all diseases except As-Sam.' Aisha said, 'What is As-Sam?' He said, 'Death."

(**Bukhari** Book 71, Hadith 591)

Things to Avoid (Temporarily until you stop coughing)

(**Avoid**1a) avoid cold water (1b) soft drinks and carbonated beverages are like **poison** for phlegm. (**Avoid**2) Milk and Milk products Yogurt, Cheese, the fat content of milk causes the mucus to become thicker.

(**Avoid** 3) Spinach (**Avoid** 4) Fish (**Avoid** 5) Stop Smoking both first hand and second hand smoking (**Avoid** 6) Hot sun, dust, fumes, chemicals or perfumes or wear proper mask. (**Avoid** 7) **Remember to 'spit, not swallow'.** Cleaning nose with Tissue paper is ok but cleaning with water must be done ASAP, to both nose and throat gargle with water.

[Other Health related articles from author:

(1) Knee pain exercises to help pray daily Salah conveniently in all postures "Standing, Rukoo and Sujood" etc

(2) How to get rid off Excess throat Phlegm (mucus)?

(3) Dry Cough (4) Cough remedy Part 1 and 2]

(5) Beemariyon ka Elaaj Quran wo Sunnat sey (Urdu)

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Best Regards

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